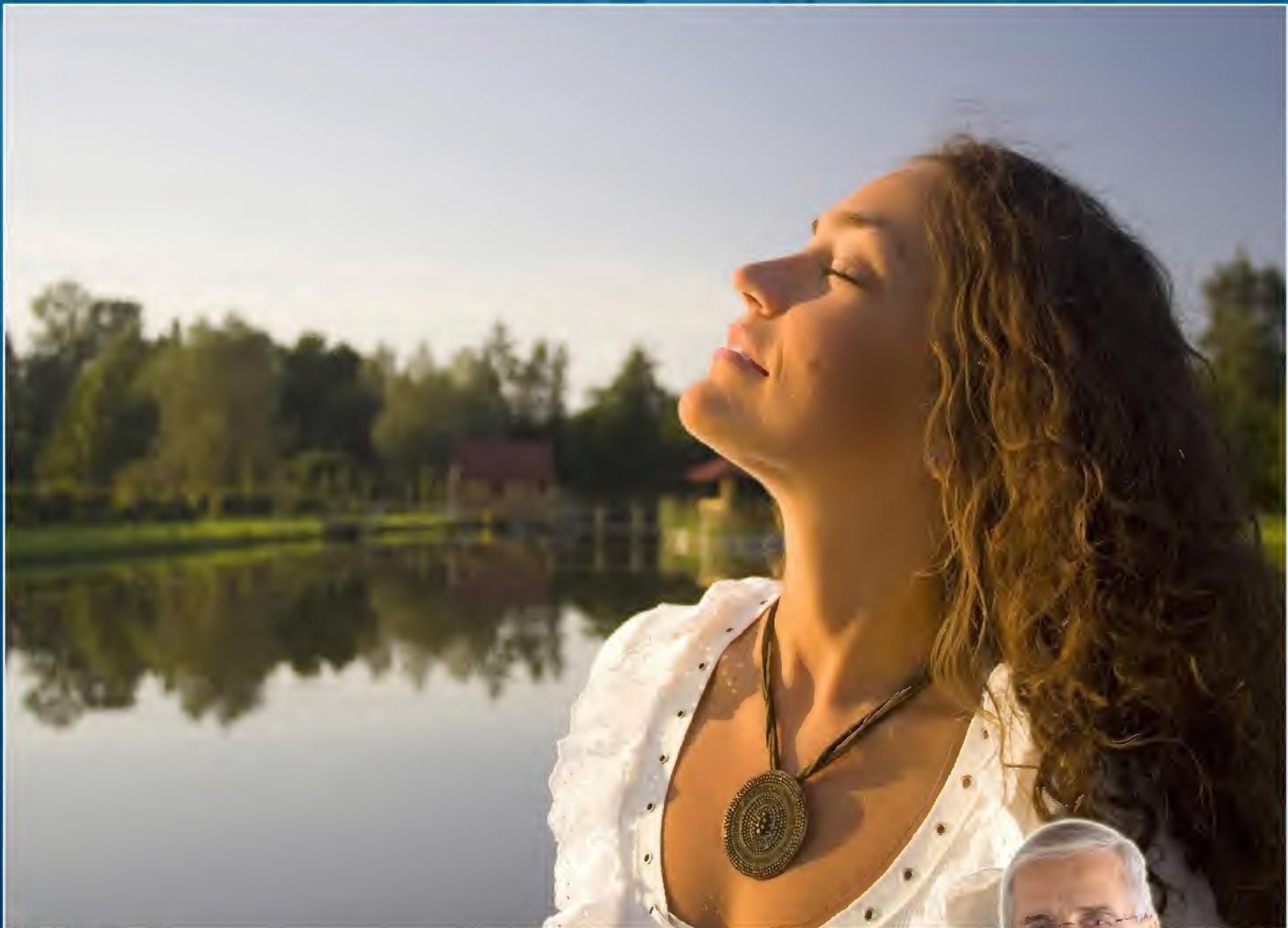


# Heartburn No More™

**A Proven Drug Free Holistic System For  
Eliminating Acid Reflux and Heartburn**



**A Unique Easy To Follow 5-Step  
Plan To Eliminating Heartburn, Acid  
Reflux and Related G.I Disorders  
Using Proven Holistic Strategies**

© 2005-2011 Jeff Martin - [HeartburnNoMore.com](http://HeartburnNoMore.com)

# **Heartburn No More™**

**A Unique Step-By-Step Holistic Heartburn System  
Guaranteed to Cure Your Acid Reflux From the  
Inside Out, Giving You Lasting Freedom From  
Gastrointestinal Disorders**

**By Jeff Martin**

## Disclaimer

While all attempts have been made to verify information provided in this publication, neither the Author nor the Publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples or organizations are unintentional. The Author neither makes nor attempts to make any diagnosis or cure or prevent any disease.

This publication is an informational product based on my own experience and research, has not been evaluated by either the FDA or the medical profession and is not aimed to replace any advice you may receive from your medical practitioner. The Author and Publisher assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. The author is not a doctor, nor does he claim to be. Please consult your primary care physician before beginning any program of nutrition, exercise, or remedy. By consulting your primary care physician, you will have a better opportunity to understand and address your particular symptoms and situation in the most effective ways possible.

As always, before applying any treatment or attempting anything mentioned in this book, or if you are in doubt, you should consult your physician and use your best judgment. If you fail to do so, you are acting at your own risk. You, the buyer or reader of this book, alone assumes all risk for anything you may learn from this book. HeartburnNoMore.com, Higher Ways Publishing INC, the publisher and Jeff Martin are not liable or responsible for any increase in severity of your acid reflux or for any health problem you may encounter in case you give up medical treatment.

By choosing to use the information made available on the Heartburn No More website and In this book, you agree to indemnify, defend, and hold harmless Higher Ways Publishing Inc. and HeartburnNoMore.com from all claims (whether valid or invalid), suits, judgment, proceedings, losses, damages, costs and expenses, of any nature whatsoever (including reasonable attorney's fees) for which Higher Ways Publishing Inc. and HeartburnNoMore.com may become liable resulting from the use or misuse of any products sold through the HeartburnNoMore.com website.

# TABLE OF CONTENTS

<b>CHAPTER 1 INTRODUCTION .....</b>	<b>9</b>
<b>Welcome .....</b>	<b>10</b>
Ten Facts About The Heartburn No More™ System	12
Success is Yours	16
How To Get The Most From The Book	18
Get Rid Of Acid Reflux Holistically	22
<b>CHAPTER 2.....</b>	<b>24</b>
<b>ALL ABOUT HEARTBURN AND ACID REFLUX .....</b>	<b>24</b>
<b>Section One – The Truth About Heartburn .....</b>	<b>25</b>
What is GERD (acid reflux)?	25
The Real Cause Of Acid Reflux	29
<b>Risk Factors for Reflux Disease.....</b>	<b>36</b>
Risk Group 1: Age	36
Risk Group 2: Smoking and Alcohol	36
Risk Group 3: Medication Takers	36
Risk Group 4: Obesity	37
Risk Group 5: Pregnant Women	37
<b>How Is GERD Diagnosed?.....</b>	<b>38</b>
PH Probe	38
Esophageal Manometry	38
Upper Endoscopy	39
Examination of the Throat and Larynx	39
Gastric Emptying Studies	39
Biopsy	40
<b>Signs And Symptoms Of Reflux Disease.....</b>	<b>41</b>
<b>Complications of Reflux Disease .....</b>	<b>43</b>
<b>Section Two – Holistic Medicine vs. Conventional Medicine In The Treatment Of Heartburn .....</b>	<b>46</b>
Natural Medicine vs. Conventional Medicine (The Crucial Differences)	46
Conventional Medicine	46
The Sad Truth of Heartburn Medications and the Medication Trap	47
What GERD Treatments Does Conventional Medicine Offer?	48
Over-The-Counter (OTC) Medications, Prescription Treatments and Surgical Procedures	50
The Holistic Medicine Way	55
<b>CHAPTER 3.....</b>	<b>57</b>
<b>THE HEARTBURN NO MORE™ QUICK RESULTS MINI PROGRAM .....</b>	<b>57</b>

Introduction To The Heartburn No More™ Quick Results Mini-Program .....	58
The Heartburn No More™ Quick Results Mini-Program.....	59
<b>CHAPTER 4.....</b>	<b>61</b>
<b>THE HOLISTIC 5-STEP HEARTBURN NO MORE™ SYSTEM .....</b> <b>61</b>	
Introduction to the Holistic Heartburn No More™ System .....	62
<b>Section One – The 5-Step Heartburn No More™ System .....</b>	<b>65</b>
Step One: The 2-Day Reflux Relief Treatment	65
Secret Natural Items to Eliminate The Symptoms of Acid Reflux	67
The 7 Reflux Relief Principles	73
<b>Step Two: Dietary Changes and Digestion Optimization.....</b>	<b>76</b>
Dietary Principle #1: Lowering Fat and Cholesterol	76
Dietary Principle #2: Increasing Fiber	77
Dietary Principle #3: Reducing Spice Content	78
Dietary Principle #4: Reducing Dairy Consumption, Lactose and Fructose	79
Dietary Principle #5: Reducing Gas-Forming Foods	80
Dietary Principle #6: Low Calories	81
Dietary Principle #7: Minimizing Toxic Foods and Foods That Feed Candida (Anti Yeast Foods)	82
Dietary Principle #8: Consuming Lots of Cleansing Foods	87
Dietary Principle #9: Maintaining Healthy Alkaline-Acid Balance	93
Dietary Principle #10: Optimizing Digestion by Adopting Correct Eating Habits	95
<b>Step Three: Powerful Anti- Acid Reflux Supplementation .....</b>	<b>99</b>
<b>Step Four: Internal Cleansing .....</b>	<b>110</b>
Why Cleanse?	110
Cleansing and Acid Reflux	111
What Is Fasting?	111
Why Should You Fast?	112
Types Of Fasting	113
General Fasting Guidelines	114
Tips For A Successful Fast	117
Three-Day Juice Cleanse	118
The Holy Grail Of The Heartburn No More™ Juicing Plan	119
Basic Juice Blends	120
During The Juice Cleanse	126
Helping The Organs Of Elimination Remove Toxins	127
Vitamin and Mineral Supplements During the Fast	130
Preventing Re-Absorption of Toxins into the Blood Stream	131
Choosing a Juicer	135
Getting Rid Of Parasites – One-Week Program	137
<b>Step Five: Kill Candida and Flood Your System With Probiotics .....</b>	<b>139</b>
5-Steps to Building A Candida-Free Environment	139
Anti-Candida Supplements	142
Replenishing And Re-Colonizing Friendly Bacteria	146
<b>Section Two – During The Program – Stress Control, Exercise and Sleep Optimization .....</b>	<b>150</b>

Stress, G.I Disorders and Acid Reflux	150
Introduction to The Heartburn No More Stress Control Program	152
The Wonders of Meditation And Correct Breathing	153
The Importance of Laughter	159
The Magical Powers of Exercise	160
The Exciting World of Photography	161
Stress Control Through Mind Techniques	162
Sleep Optimization Plan	169
The Link Between Sleep Deprivation, Sleeping Habits and Acid Reflux	169
My Sleep Optimization Plan	171
Notes on Chamomile	172
<b>CHAPTER 5.....</b>	<b>174</b>
<b>HOW TO PREVENT HEARTBURN AND MAINTAIN A REFLUX-FREE ENVIRONMENT .....</b>	<b>174</b>
Dietary Guidelines	175
Supplementation Guidelines	175
Cleansing Guidelines	176
Stress Control And Sleep Optimization Guidelines	176
<b>CONCLUSION.....</b>	<b>177</b>
<b>APPENDIX 1 COMPLIMENTARY TREATMENTS FOR HEARTBURN .....</b>	<b>179</b>
Aromatherapy	180
Bone And Joint Massage	181
Lymph Drainage Massage	181
Digestive Massage	182
Acupuncture	182
Homeopathy	183
<b>APPENDIX 2 .....</b>	<b>184</b>
<b>ANTI-REFLUX DETOXIFICATION DIET .....</b>	<b>184</b>
What Is Detoxing?	185
Symptoms During Detox	186
Daily Guidelines During Detox Diets	186
What To Eat During Your Detox Diet	187
What To Avoid During Your Detox Diet	187
Suggested Two-Day Anti-Reflux Detox	189
<b>APPENDIX 3 .....</b>	<b>192</b>
<b>DETOXIFICATION PROGRAM ACCORDING TO THE AYURVEDA.....</b>	<b>192</b>
Introduction	193
The Ayurveda Detoxification Diet	194
The Ayurveda Detoxification Herbs	198
The Ayurveda Detoxification Lifestyle and Meditation	199

**APPENDIX 4 .....****201****LIVER AND GALLBLADDER FLUSH.....****201**

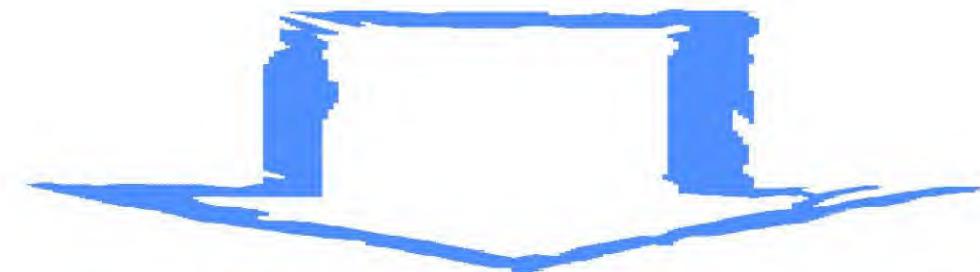
Introduction	202
Preliminary Steps	205
One-Day Liver and Gallbladder Flushing	207
Conclusion	209

**APPENDIX 5 .....****210****HELPFUL TIPS FROM OUR CUSTOMERS.....****210**

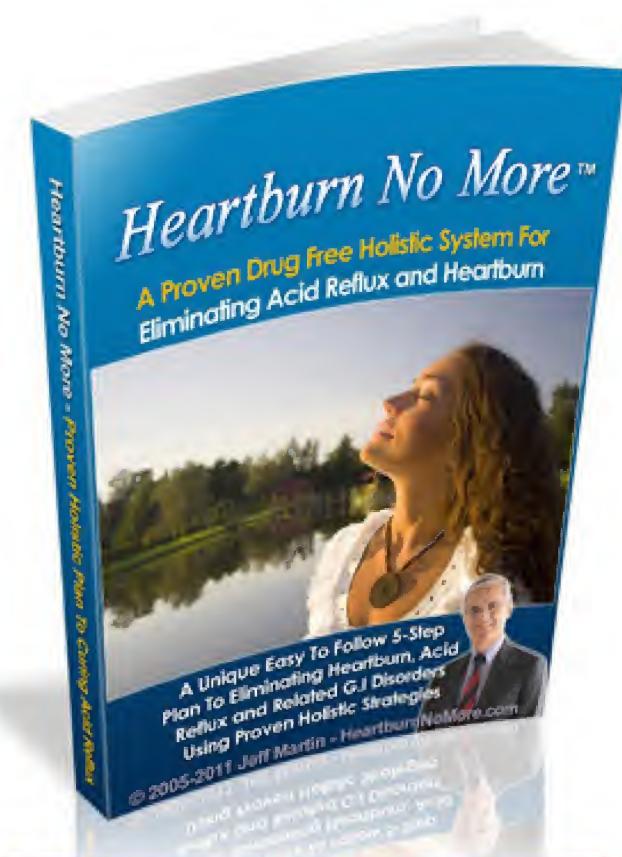
Tip #1: Paul From England	212
Tip #2: Elaine From New Zealand	212
Tip #3: Mary From New Jersey, USA	212
Tip #4: Dylan From Oregon, USA	213
Tip #5: Ruth From England	213
Tip #6: Mike From Australia	213
Tip #7: Linda From England	213
Tip #8: Dan From Quebec, Canada	214
Tip #9: Karen From California, USA	214
Tip #10: Sean From Melbourne, Australia	214

## End of Free Chapters...

## Obtain the Complete Version NOW



in English:

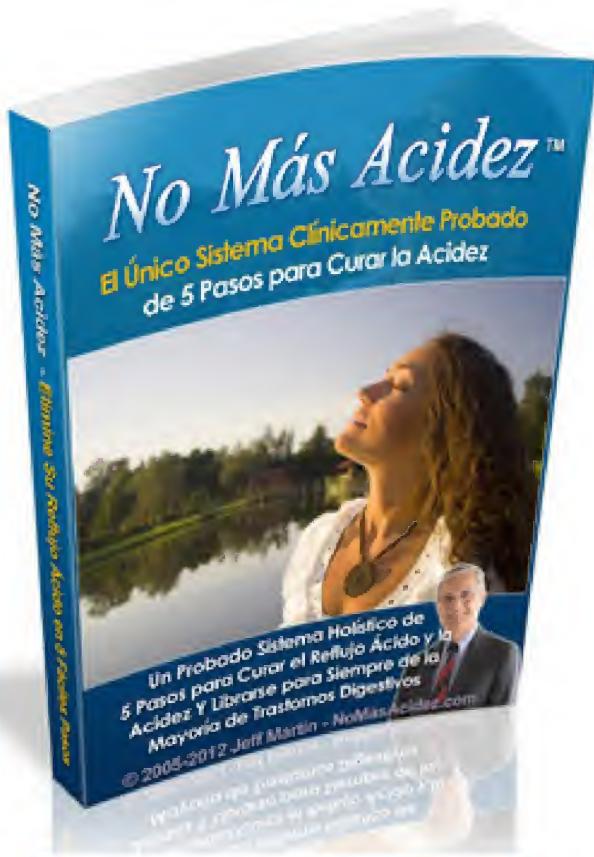


**DOWNLOAD NOW**

PayPal     



en Español:



**Descargar Ahora**

PayPal    

Your order is secure and fully guaranteed by  **CLICKBANK®**  
Remember: Your credit card will be billed by CLICKBANK.COM